

Personal Stories

Hearing about other people's personal stories is a great way to understand what others have gone through and to reflect on your own experiences. It can also help you to understand that you are not alone.

Here are a collection of real-life stories about testing for HIV, living with HIV, having sex for the first time, and sex and sexually transmitted infections (STIs).

If you have your own story to tell, you can [share it with us here](#) and we'll do our best to publish it. Just let us know if you'd like to remain anonymous.



Living with HIV personal stories

It can be reassuring to read stories from people living with HIV to help you realise that you're not alone.



HIV testing personal stories

It's normal to feel worried about going for an HIV test. Hear from others about their experiences.



First time sex personal stories

Everyone has a first time - hear from other people about their sexual experiences.



Sex & STIs personal stories

Read personal stories from people around the world about sex and STIs.

Last full review: 26 June 2017

Next full review: 26 June 2018

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